

Patient and Consumer Education Materials



The Nebraska Heart Disease and Stroke Prevention Program has a line of patient education materials covering topics related to cardiovascular disease and risk factor management. Our materials are designed to help healthcare professionals reach patients, caregivers and groups at-risk for cardiovascular disease. The materials are designed to promote disease prevention, management and control, and raise awareness about the signs and symptoms of heart attack and stroke. These materials are available at no charge and can be ordered by calling 402-471-2101, faxing the order form on the reverse side to 402-471-6446, or mailing it to the address on the reverse side.

Patient Education Brochures

The patient education brochure line includes 6 brochures covering risk factors for heart disease and stroke conditions, prevention and awareness. The brochures are available in English and Spanish and are written using plain language at a 5th-8th grade reading level. These brochures are available **FREE of charge** in any quantity. They are shrink wrap bundled in packs of 50. Topics include:

- Aspirin Therapy
- Blood Pressure
- Cholesterol
- Stroke
- Heart Attack
- Women & Heart Disease



<p>Nebraska Heart Disease and Stroke Prevention Program</p> <p>nebraska HDSP program</p> <p>Blood Pressure and Cholesterol Record</p> <p>Name _____</p> <p>Family Physician _____</p> <p>Classification of Blood Pressure (BP)</p> <table border="1"> <thead> <tr> <th>Category</th> <th>Systolic BP</th> <th>Diastolic BP</th> </tr> </thead> <tbody> <tr> <td>Normal</td> <td>< 120</td> <td>< 80</td> </tr> <tr> <td>Prehypertension</td> <td>120-139</td> <td>80-89</td> </tr> <tr> <td>Hypertension</td> <td></td> <td></td> </tr> <tr> <td>Stage 1</td> <td>140-159</td> <td>90-99</td> </tr> <tr> <td>Stage 2</td> <td>> 160</td> <td>> 100</td> </tr> </tbody> </table> <p>Blood Cholesterol should be < 200 for healthy adults. Discuss with your physician your target blood cholesterol level.</p>		Category	Systolic BP	Diastolic BP	Normal	< 120	< 80	Prehypertension	120-139	80-89	Hypertension			Stage 1	140-159	90-99	Stage 2	> 160	> 100	<p>Total Cholesterol</p> <p>Have your cholesterol checked every 5 years - more frequently if it's high</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Total Chols.</th> <th>HDL</th> <th>LDL</th> <th>Trigly.</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> <p>Nebraska Department of Health and Human Services / Health Promotion Unit Nebraska Heart Disease and Stroke Prevention Program 301 Centennial Mall South, P.O. Box 95006 Lincoln, Nebraska 68506-5006 (402) 471-2101 TTY (402) 471-9970 www.dhs.ne.gov/nhdsp</p>	Date	Total Chols.	HDL	LDL	Trigly.																																																		
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Blood Pressure and Cholesterol Record Cards

The blood pressure and cholesterol record cards have the current JNCVII and ATPIII guidelines and recommendations for frequency of screening. They are available in English and Spanish in bundles of 100 and are **FREE of charge** in any quantity.

Heart Attack and Stroke Awareness

The Nebraska Heart Disease and Stroke Prevention Program encourages you to promote prevention and raise awareness of heart attack, stroke and related risk factors in your communities, worksites, faith-based organizations, hospitals and clinics. We have a variety of prevention and awareness materials to aid your efforts, including :

- FAST Stroke bookmarks
- FAST Stroke magnets
- Guide to a Healthy Heart
- Guide to Lowering Blood Pressure
- DASH Eating Plan
- Salt & Sodium Facts



To Order Materials:

- Photocopy this form and keep original for future orders
- Fill out required information
- Fax to: 402-471-6446 OR

Mail to: Nebraska Heart Disease and Stroke Prevention Program
301 Centennial Mall South
P.O. Box 95026
Lincoln, NE 68509-5026



* We apologize for any inconvenience, however, we can only distribute materials to those who reside in Nebraska.

Date: _____

Name of Business: _____

Name of Person Requesting Materials: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Fax: _____

Email: _____

I would like to order a sample pack of materials in ☐ English ☐ Spanish

English Materials

QTY. Packs of 50

_____ pack(s) Aspirin Therapy Brochure
_____ pack(s) Blood Pressure Brochure
_____ pack(s) Cholesterol Brochure
_____ pack(s) Stroke Brochure
_____ pack(s) Heart Attack Brochure
_____ pack(s) Women & Heart Disease Brochure
_____ pack(s) FAST Stroke Brochure
_____ pack(s) FAST Bookmarks
_____ pad(s) Guide to a Healthy Heart
(2 page tear-off fact sheet)

QTY. Packs of 100

_____ pack(s) Blood Pressure/Cholesterol
Record Cards

QTY. Not Bundled - Individual Copies

_____ FAST Stroke Poster
_____ FAST Stroke Magnet
_____ Guide to Lowering Blood Pressure (20 page booklet)
_____ DASH Eating Plan (64 page booklet)
_____ Explaining Stroke (20 page booklet)
_____ Salt & Sodium Booklet (10 page booklet)

Spanish Materials

QTY. Packs of 50

_____ pack(s) Spanish Aspirin Therapy Brochure
_____ pack(s) Spanish Blood Pressure Brochure
_____ pack(s) Spanish Cholesterol Brochure
_____ pack(s) Spanish Stroke Brochure
_____ pack(s) Spanish Heart Attack Brochure
_____ pack(s) Spanish Women & Heart Disease Brochure
_____ pack(s) Spanish FAST Stroke Brochure

QTY. Packs of 100

_____ pack(s) Spanish Blood Pressure/Cholesterol
Record Cards

What will you be using the materials for? (Circle all that apply)

A. Health Fair

B. Health Screenings

C. Outpatient/Clinical Patient Education

D. Inpatient/Hospital patient Education

E. Other (please describe) _____

Will the materials serve minority populations and/or Medicaid recipients?

YES

NO

Thank you for your order! Please allow 10-14 business days for delivery.

Questions or Comments? Please email: DHHS.CVHProgram@nebraska.gov